



NAVAL BASE CORONADO

SAF-T-LINES



AUGUST 2005

HEAT SAFETY

During the summer months, it is important to prepare our families and us for extreme heat.



If a Heat Wave Is Predicted or Happening:

- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 0400 and 0700.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine. Try to go to a public building with air conditioning each day for several hours. Remember, electric fans do not cool the air, but they do help sweat evaporate, which cools your body.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Drink plenty of water regularly and often. Your body needs water to keep cool.
- Drink plenty of fluids even if you do not feel thirsty.
- Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly, but makes the heat's effects on your body worse. This is special true about beer, which dehydrates the body.

- Eat more meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.

HEAT STRESS

When the body cannot cool itself through sweating, serious heat illnesses may occur. The most severe heat illnesses are **heat exhaustion** and **heat stroke**. If left untreated, **heat exhaustion** can progress to **heat stroke** and possible **death**.

Heat Cramps:

Heat cramps are muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are an early signal that the body is having trouble with the heat.

Treatment of Heat Cramps – Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.



Heat Exhaustion:

Heat exhaustion typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim may suffer heat stroke.

Signals of Heat Exhaustion: Cool, moist, pale, or flushed skin, heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

Treatment of Heat Exhaustion: Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious, give cool water to drink. Make sure the person drinks slowly. Give a half glass of cool water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Let the victim rest in a comfortable position, and watch carefully for changes in his or her condition.

Heat Stroke:

The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Signals of Heat Stroke: Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high – as high as 105 degrees F. If the person was sweating from heavy work or exercise, skin may be wet; otherwise it will feel dry.

Treatment of Heat Stroke: Heat stroke is a life-threatening situation. Help is needed fast, call 911 or local emergency number. Move the person to a cooler place. Quickly cool the body. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. Keep the person lying down and continue to cool the body any way you can. If the victim refuses water or is vomiting or there are changes in the level of consciousness, do not give anything to eat or drink.

PORTABLE LADDER SAFETY

Portable ladders are one of the handiest, simplest tools we used. Because of their effectiveness, ladders are used by many different people to perform many different tasks. Although ladders are very uncomplicated, planning and care are still required to use them safely. Each year in the United States, accidents involving ladders cause an estimated 300 deaths and 130,000 injuries requiring emergency medical attention.

Ladder accidents usually are caused by improper selection, care, or use, not by manufacturing defects. Some of the more common hazards involving ladders, such as instability, electric shock, and falls can be predicted and prevented. Prevention requires proper planning, correct ladder selection, good work procedures and adequate ladder maintenance. Source: <http://www.cdc.gov/nasd>



Safety Tips to Prevent Ladder Injuries:

- Make sure the weight your ladder is supporting does not exceed its maximum load rating (user plus materials). There should only be one person on the ladder at one time.
- Use a ladder that is the proper length for the job. Proper length is a minimum of 3 feet extending over the roofline or working surface. The three top rungs of a straight, single or extension ladder should not be stood on.
- Straight, single or extension ladders should be set up at about a 75-degree angle.
- All metal ladders should have slip-resistant feet.
- Metal ladders will conduct electricity. Use wooden or fiberglass ladder in the vicinity of power lines or electrical equipment. Do not let a ladder made from any material contact live electric wires.
- Be sure all locks on extension ladders are properly engaged.
- The ground under the ladder should be level and firm. Large flat wooden boards braced under the ladder can level a ladder on uneven ground or soft ground. A good practice is to have a helper hold the bottom of the ladder.
- Do not place a ladder in front of a door that is not locked, blocked or guarded.
- Keep your body centered between the rails of the ladder at all times. Do not lean too far to the side while working.
- Do not use a ladder for any purpose other than that for which it was intended.
- Do not step on the top step, bucket shelf or attempt to climb or stand on the rear section of a stepladder.
- Never leave a raised ladder unattended.
- Follow use instruction labels on ladders.

Source: <http://www.cpsc.gov>

LONG DISTANCE DRIVING



How often do you hear a shipmate or fellow Marine talk about their trip home? All too often the trip involves a lot of driving, and many times after a long workday. Long trips invite fatigue and the need for speed. The end result can be tragic. Intrusive leadership from every supervisor is needed to put a sanity check on each trip. Discuss with each Sailor and Marine the details of the trip: plan the route, proper rest, route, and diet. Review the safe tips

provided below. Stack the odds in their favor. A commercial or military flight may be the best choice, consider flying over driving.

<http://safetycenter.navy.mil/toolbox/leave/default.htm> links you to a host of leave-liberty resources. Use all the tools in the online toolbox. **ARRIVE ALIVE!!!!**

SAFE TIPS FOR LONG DISTANCE DRIVING

- On long journeys both cars and drivers need to be in right condition.
- Plan your trips to include adequate rest stops.
- Get plenty of sleep and avoid driving between midnight and 6 a. m. when drowsiness sets in.
- Never drive for more than eight hours a day.
- Never drive for more than two hours without a break.
- Eat sensibly; avoid large meals.
- Wherever possible, share the driving to avoid fatigue.
- Play music; roll down the window.
- If your head starts to nod or you can't remember the last few miles, take a break and rest.
- Don't speed. You'll not only avoid getting a ticket, but you'll increase your chances of a safe arrival at your destination.
- Know the speed limit. Check and recheck your speedometer.
- Allow tailgaters to pass you; don't outrace them.
- Think about your passengers, especially young children who may become bored on long journeys and can be a major distraction to drivers.
- Remember to check the weather forecast at least 24 hours before a journey. Assess the driving conditions and adjust.

Be aware, be awake, be alert, be SAFE!!! You are in the driving seat, you are in control, don't let the car or the conditions control you. Lost time can never be made up, only allowed for at the beginning of a journey.

NAVOSH TRAINING

CPR CERTIFICATION CLASS

Date: 7 September 2005
Where: Bldg 678, Classroom 222
Time: 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

RESPIRATOR TRAINING CLASS

Date: 8 September 2005
Where: Bldg. 678, Classroom 222
Time: Respiratory Program Assistant - 0800-1200
 Respiratory Protection program (Users) - 1300-1430
 Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

NAVOSH INSPECTION (ANNUAL) SCHEDULE

COMMAND

DATE

DEEP SUMERGENCE UNIT (DSU)	02 AUG
NAVY BAND	02 AUG
TACTICAL SUPPORT CENTER	11 AUG
COMHSCWINGGPAC (INCLUDING HSC-3 AND HS-10)	15 AUG
NAVAL AIR RESERVE (NAR)	18 AUG
EXPEDITIONARY WARFARE TRAINING GROUP PACIFIC	22 AUG
ESSOPAC	30 AUG
NAVFACMETOFAC	06 SEP
NAVAL COASTAL WARFARE GROUP ONE (NCWG-1)	15 SEP
DEFENSE ENTERPRISE COMPUTER CENTER	22 SEP
FASOTRAGRUPAC	26 SEP

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED AT BLDG 678 RM 227

ROBERT L. CHATMAN - SAFETY MANAGER – 545-1049

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The Navy Occupational Safety and Health Department of Naval Base Coronado publish **SAF-T-LINES**. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.